

## CLASSES FOR ADULTS

### Physical Fitness Assessment

A series of simple tests are used to measure your flexibility, balance and strength. Co-Sponsored by Lincoln Parks & Recreation Aging Services.

Call 441-7575 to register.

**Ages:** 60 & Older **Meets:** Once

**Begins:** 5/24

Wed 10 am-1:00 pm \$15/person

### Yoga for Your Type

In this workshop-type setting you will learn which personal practice is best for you. Please bring a pillow, a blanket and a towel.

Call 441-7575 to register.

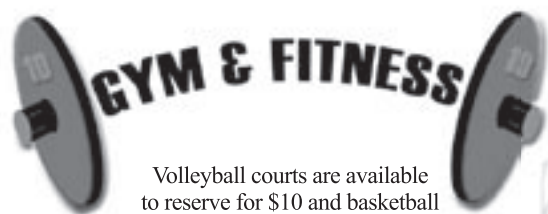
**Ages:** 60 & Older

**Begins:** 1/5 **Meets:** 8 Weeks

Thu 10:00-11:30 am \$45/person

**Begins:** 3/2 **Meets:** 5 Weeks

Thu 10:00-11:30 am \$45/person



Volleyball courts are available to reserve for \$10 and basketball courts are \$8 per 1/2 court for one 55 minute time block, per team, per week. Weekly reservations are taken beginning each Wednesday at 9:00 am for the following week.

**Basketball** Saturdays 1 - 4:40 pm  
**Volleyball** Sundays 1- 4:40 pm

### Weight & Fitness Equipment

Universal Fit Step Stair Climbers; Concept II Rowing Machines, Schwinn Air-Dyne Bikes, Nordic Track, Sports Art Treadmill, Universal Weight Machine.

#### Track

Belmont has an elevated track which is available to use from 7 am - 8 pm. Fee required.

#### Fees

**Track:** \$1.75/Day \$15/Month

**Weights:** \$1.75/Day \$15/Month

**Track/Fitness/Weights:** \$3.50/Day

\$35/Mo. or \$200/Year/Per Person

\$50/Mo. or \$300/Year/Per Family

### 500 Mile Club

Get the family together at Belmont to get fit. Complete 500 miles of walking, jogging, bicycling, stair stepping, rowing or any combination during a 12 month period at the Belmont Recreation Center and receive a program T-shirt. Record keeping cards available at the front desk.

## CLASSES FOR YOUTH

### Red Cross Babysitter Training

A leadership based course for 11-15 years of age. Skills include handling emergencies, age appropriate games and more.

**Ages:** 11-15 yrs **Meets:** Once

**Begins:** 2/18, 3/18, 4/15

Sat 9:00 am-1:00 pm \$30/person

### Teen

#### Treks

Just for Middle-Schoolers, features different activities and trips from the areas of sports, leisure, art, music, dance and theatre.

**Middle School Ages** **Meets:** Monthly

#### Schedule of Events:

January 21 3 on 3 Basketball at Belmont Rec.

February 18 5 on 5 Basketball at Belmont Rec.

March 17 "Boys of the Lough" at Lied Center

April 7 Hot Shops Art Gallery in Omaha

**Remember to bring your school ID or report card to every event.**

### Hop 'n Bop to Music

Hop 'n Bop Music is fun for boys and girls who are 2 - 5 years old. We do a variety of songs that are FUN, and age appropriate. An adult must stay for the duration of the class. Call Lorraine Haupt, 438-2393.

**Ages:** 2 - 5 yrs **Meets:** 4 Weeks

**Begins:** \*1/5, 2/2, 3/2, 4/6, 5/4

Thu 9:15-10:00 am \$19/person

\*January class meets for 3 weeks and is \$14.25

### Table Tennis Tournament

Payments due with entry. Sanction and non-sanctioned play, singles, doubles, prizes. For eligibility, equipment, registration and more information call Matt at 489-7365 or Jarry at (402)665-5681 or Belmont Center 441-6789.

Events range from \$5 - \$10

#### Tournament Date:

**Sunday, January 15, 2006**

**Entry Deadline: January 8**



## Weekends

### Free!

Saturdays and Sundays from 1:00 to 5:00 pm at Belmont is open to all ages, and it's \*FREE of charge. \*Sorry, but the gym might not be available

## FUN FOR ALL

### Table Tennis Challenge

Players of all ability levels are encouraged to join. Handicaps are used to even out play. You may use Parks & Rec. equipment. Sandpaper paddles are not allowed. Everyone may compete in singles and doubles competition. The number of divisions will depend on the number of participants. Elementary kids must be accompanied by an adult.

**Ages:** All

**Begins:** 1/8

Sun 5 - 10:00 pm

\$30/person/13 weeks

\$3/person/night

Contact Us:

## **BELMONT RECREATION CENTER**

**ADDRESS:** 1234 Judson Street, Lincoln NE 68521

**PHONE:** (402) 441-6789 **EMAIL:** jgerlach@lincoln.ne.gov

**HOURS:** Monday - Thursday 9:00 am - 8:00 pm

| Friday 9:00 am - 5:30 pm | Saturday & Sunday 1:00 - 5:00 pm